

## Tuna & Noodles<sup>30</sup>

Number of Servings: 30 (197.82 g per serving)

Amount	Measure	Ingredient
29.00	oz	Pasta, egg noodles, enrich, dry
3 3/4	lb	Fish, tuna, light, w/water, drained, can
9.00	Tbs	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
2 1/8	cup	Onion, white, fresh, chpd
3 3/4	cup	Celery, fresh, diced
7 1/2	Tbs	Flour, all purpose, white, bleached, enrich
3/8	tsp	Spice, pepper, black
3.00	Tbs	Base, chicken, low sod, 0144, FS
9 1/2	cup	Water, municipal
4 1/2	oz	Cheese Product, past, proc, light, rducd fat
3/8	tsp	Spice, paprika

### Nutrients per serving

Nutrition Facts			
Serving Size (198g)			
Servings Per Container			
Amount Per Serving			
Calories 230		Calories from Fat 50	
		% Daily Value*	
Total Fat 6g		9%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 45mg		15%	
Sodium 360mg		15%	
Total Carbohydrate 24g		8%	
Dietary Fiber 1g		4%	
Sugars 2g			
Protein 20g			
Vitamin A 6%		Vitamin C 2%	
Calcium 6%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Notes

\* Low sodium chicken base should be approx 20 mg sodium/oz or no more than 10 mg sodium/Tablesppoon  
Potentially hazardous food. Food Safety Standard: Hold food for service at internal temperature above 140 degrees F.

Cook noodles in unsalted boiling water and drain. Each pound of noodles should yield 3 pounds cooked noodles or approx 2 quarts.

Drain and flake tuna and add to noodles.

Melt margarine in pan, add onions and celery and saute until tender. Add flour and peper to onion mixture and stir until blended. Cook 2 minutes, stirring constantly.

Stir in chicken base and add water gradually, stirring constantly with wire whip. Cook until thickened.

Add noodles and tuna to sauce. Stir gently until well blended.

Each 13# will fit in a 12X20 pan (25 servings).

Sprinkle cheese over casserole and sprinkle lightly with paprika.

Bake at 350 degrees until mixture is heated to 180 degrees F and cheese is melted, 30-35 minutes.

Serve 8 oz (2 #8 scoops)/serving

1 serving = 24 grams carbohydrate = 1 1/2 carb servings

370 mg sodium/serving